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# QUICK & EASY

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## COMMODITY RECIPES

for the Food Distribution Program on Indian Reservations



United States  
Department of  
Agriculture

Food and Nutrition Service  
PA-1449



Use of commercial names does not imply approval  
or endorsement by USDA.

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## ***Acknowledgments***





# Biscuits, Breads, Cereals, Dumplings, and Muffins





# Preface

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## *To the Cook, the Baker, and All the Food Makers*

This collection of recipes was gathered specially for American Indians who get commodity foods from the Food Distribution Program on Indian Reservations. American Indians and people who work with them from all over the country sent us some great recipes for using United States Department of Agriculture (USDA) commodity foods. A list of contributors is inside the back cover. From the recipes we received, we picked the ones for this book that:

- taste good
- use commodities for at least half of the ingredients

- use few pots and pans
- are quick and easy to make

All of the recipes have been tested with commodity ingredients. After each recipe was made, it was taste-tested by American Indians from several different tribes.

This is not a diet recipe book. However, many recipes were changed to use less sugar, fat, and salt than usual, but still taste good. As a result, some of the recipe names changed too. The USDA commodity foods used in each recipe are typed in bold letters. The amount of calories, carbohydrates, protein, fat, and sodium for one serving is given at the end of each recipe. This feature will help you to plan and serve healthy



meals. Make each recipe as it is in this recipe book. If you change a recipe or the size of the servings, the nutrient information will change too.

People who are on special diets and need to be more careful about eating too much sugar, fat, or salt should talk to their doctor, nutritionist, or dietitian.

The meals you cook using these recipes and commodity foods should be nutritious and taste

good. Some of the recipes are old and some are new. But all of the recipes should be quick and easy to do.

"May the warm winds of heaven  
Blow softly on your house  
May the Great Spirit  
Bless all who enter in."

*Anonymous*



# Honey-Cornmeal Drop Biscuits



1

**Makes 10 biscuits**

1¾ cups master mix (recipe 12)

½ cup **Cornmeal**

½ cup **Milk**, made from nonfat dry milk powder

2 tablespoons **Honey**

1. Mix all ingredients until a soft dough forms; then beat with a spoon for 30 seconds.
2. Drop dough by rounded spoonfuls onto an ungreased cookie sheet.
3. Bake at 450°F for 10-12 minutes, until brown.

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## Nutrition information for 1 biscuit

Calories = 151 . Carbohydrates = 21 grams Protein = 3 grams Fat = 6 grams Sodium = 87 milligrams



# Whole-Wheat Flour Tortillas



2

## *Makes 10 tortillas*

1½ cups **Whole-Wheat Flour**

2½ cups **All-Purpose Flour**

½ cup **Nonfat Dry Milk powder**

1 tablespoon plus ¾ teaspoon **baking powder**

½ cup **Shortening**

1 cup **warm water**

1. Combine both flours, dry milk powder, and baking powder in a bowl.
2. Blend in shortening with a fork until mixture looks crumbly.
3. Slowly add warm water to mixture, using one hand to work it into a dough.
4. Divide dough into 10 medium-sized balls. Roll out each ball of dough on a clean cloth until round, flat, and thin.
5. Cook both sides on a moderately hot griddle without oil until light brown.

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### **Nutrition information for 1 tortilla**

Calories = 274   Carbohydrates = 38 grams   Protein = 7 grams   Fat = 11 grams   Sodium = 165 milligrams





## Whole-Wheat Flour Tortillas - No Fat



3

***Makes 10 tortillas***

1½ cups **Whole-Wheat Flour**

2½ cups **All-Purpose Flour**

½ cup **Nonfat Dry Milk** powder

1 tablespoon baking powder

1½ to 2 cups warm water

1. Combine both flours, dry milk powder, and baking powder in a bowl.
2. Slowly add warm water to mixture, using one hand to work it into a dough. Use enough water so that the dough has the right texture and firmness.
3. Divide dough into 10 medium-sized balls. Roll out each ball on a clean cloth until round, flat, and thin.
4. Cook both sides on a moderately hot griddle without oil until light brown.

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### **Nutrition information for 1 tortilla**

Calories = 183   Carbohydrates = 38 grams   Protein = 7 grams   Fat = 0   Sodium = 165 milligrams



# Whole-Wheat Oatmeal Pancakes

4

*Makes 10 pancakes, 4 inches each*

$\frac{3}{4}$  cup **Rolled Oats or Rolled Wheat**

2 cups water

$\frac{3}{4}$  cup **All-Purpose Flour**

$\frac{3}{4}$  cup **Whole-Wheat Flour**

$\frac{1}{2}$  cup **Nonfat Dry Milk powder**

$\frac{1}{2}$  cup **Dry Egg Mix**

2 tablespoons sugar

1 tablespoon baking powder

$\frac{1}{4}$  teaspoon salt

$\frac{1}{4}$  cup **Oil**

1. Add oats to the water and let stand 5 minutes.
2. Sift together both flours, dry milk powder, dry egg mix, sugar, baking powder, and salt. Add to oats. Stir only until combined.
3. Add oil to oats mixture. Stir only until combined.
4. Cook on a hot, lightly oiled griddle or fry pan until golden brown. Turn once when tops are covered with bubbles and edges look dry.

## Nutrition information for 1 pancake

Calories = 189   Carbohydrates = 23 grams   Protein = 6 grams   Fat = 8 grams   Sodium = 241 milligrams



## Better Than Just Oatmeal



5

***Makes 4 servings,  $\frac{3}{4}$  cup each***

1 cup **Rolled Oats**

$\frac{1}{2}$  cup **Orange Juice**

1 tablespoon **Honey**

2 tablespoons **Peanuts**, chopped


$\frac{1}{4}$  cup **Evaporated Milk**

$\frac{1}{4}$  cup **Raisins** (optional)

1. Combine all ingredients in a small bowl. Mix well.
2. Cover and refrigerate at least 8 hours or overnight.
3. Serve plain or with milk.

This tastes great. Try it as a summer breakfast instead of a hot cereal. It is a filling snack, too.

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**Nutrition information for each  $\frac{3}{4}$  cup serving**

Calories = 183   Carbohydrates = 31 grams   Protein = 6 grams   Fat = 5 grams   Sodium = 39 milligrams



# Granola

6

*Makes 24 servings,  $\frac{1}{3}$  cup each*

$\frac{1}{2}$  cup **Honey**

$\frac{1}{4}$  cup margarine *or* **Butter**, melted

3 cups **Rolled Oats** *or* **Rolled Wheat**

$\frac{1}{2}$  cup **Nonfat Dry Milk** powder

$\frac{1}{4}$  cup **Whole-Wheat Flour**

1 cup **Peanuts**, chopped

1 teaspoon cinnamon *or* nutmeg (optional)

1 cup cut-up dried, pitted **Prunes** *or* **Raisins**

1. Stir honey into melted butter.
2. In a large bowl, combine oats, dry milk powder, flour, peanuts, and cinnamon.
3. Stir honey mixture into dry ingredients. Stir until evenly coated.
4. Bake in shallow pan at 300°F for 20 minutes. Stir every 5 minutes.
5. Remove oatmeal mixture from oven. Stir in prunes or raisins.
6. Cool and store in an airtight container.

## Nutrition information for each $\frac{1}{3}$ cup serving

Calories = 137   Carbohydrates = 20 grams   Protein = 4 grams   Fat = 6 grams   Sodium = 54 milligrams



## Hot Cereal Mix

7

*Makes about 24 servings of cooked cereal,  
½ cup each*

2½ cups **Rollled Oats**

1 cup **Nuts**, chopped

1 cup **Farina**

1 cup **Whole-Wheat Flour**

½ cup **Nonfat Dry Milk** powder

1 cup **Raisins**, or cut-up dried, pitted **Prunes**

1. Mix everything together.
2. Store in an airtight container until ready to cook.

Makes 6 cups of dry cereal mix.

### To Cook the Cereal:

1. Boil 1½ cups water.
2. Stir in 1 cup of dry cereal mix.
3. Reduce heat. Cook and stir for about 3 minutes.
4. Serve with milk and fruit or honey, if desired.

1 cup dry cereal makes 4 servings of cooked cereal, ½ cup each.

### Nutrition information for each ½ cup serving

Calories = 135   Carbohydrates = 22 grams   Protein = 5 grams   Fat = 4 grams   Sodium = 35 milligrams



## Farina Dumplings



*Makes 20 dumplings*

2 teaspoons margarine *or* **Butter**

2½ cups water

2 cups **Instant Potato Flakes**

2 tablespoons onion, chopped

½ cup **Dry Egg Mix**

½ cup **Farina**

½ cup **Whole-Wheat Flour**

1. Measure butter and water into a large saucepan. Heat.
2. When water starts to boil, remove saucepan from the heat. Stir in potato flakes and chopped onion.
3. Measure, then mix together the dry egg mix, farina, and flour.
4. Stir dry mixture into potato mixture.



### **To Cook the Dumplings:**

- 1.** Measure 2 quarts of water into a large saucepan. Bring to a boil.
- 2.** Drop dumpling mix 1 tablespoon at a time into water.
- 3.** When dumplings come to the surface, lower the heat, cover pan, and let cook for 5 minutes.
- 4.** Remove dumplings from water with a slotted spoon. Serve with milk gravy (recipe 44) or cheese sauce (recipe 47). Dumplings can also be cooked in stews or in soups.



#### **Nutrition information for 1 dumpling**

Calories = 62   Carbohydrates = 10 grams   Protein = 2 grams   Fat = 2 grams   Sodium = 34 milligrams



## Cereal Muffins

9

### *Makes 12 muffins*

$\frac{3}{4}$  cup **All-Purpose Flour**

$\frac{1}{2}$  cup **Whole-Wheat Flour**

1 tablespoon baking powder

$\frac{1}{4}$  teaspoon salt

1 teaspoon cinnamon

1 cup **Ready-To-Eat Cereal** (unsweetened),  
crushed

1 cup **Milk**, made from nonfat dry milk powder

2 tablespoons **Honey or Corn Syrup**

$\frac{1}{4}$  cup **Dry Egg Mix**

$\frac{1}{4}$  cup water

3 tablespoons **Oil**

$\frac{1}{2}$  cup **Raisins**

1. Turn on oven to 400°F. Lightly oil muffin pans.
2. Stir together both flours, baking powder, salt, and cinnamon. Set aside.
3. Put cereal and milk into a large mixing bowl. Stir to combine. Let cereal stand 1 to 2 minutes to get soft.
4. Add honey or corn syrup, dry egg mix, water, oil, and raisins to cereal mixture. Mix well.
5. Add flour mixture to cereal mixture. Stir until just moist.
6. Fill muffin pans to make 12 muffins. Bake for 20-25 minutes, until tops are light brown.

### Nutrition information for 1 muffin

Calories = 132   Carbohydrates = 20 grams   Protein = 3 grams   Fat = 5 grams   Sodium = 174 milligrams



## Cornmeal - Whole-Wheat Muffins

10

**Makes 12 muffins**

1 cup **Whole-Wheat Flour**  
2½ teaspoons baking powder  
1 cup **Cornmeal**  
¼ teaspoon cinnamon  
¼ cup **Dry Egg Mix**  
⅓ cup **Nonfat Dry Milk powder**  
1 cup water  
⅓ cup **Honey**  
¼ cup **Oil**

1. Turn on oven to 400°F. Lightly oil muffin pans.
2. Mix in one large bowl the flour, baking powder, cornmeal, cinnamon, dry egg mix, and dry milk powder.
3. Mix separately the water, honey, and oil. Add all at once to dry ingredients. Stir until just moist.
4. Fill muffin pans to make 12 muffins.
5. Bake for 25 minutes, until tops are light brown.

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**Nutrition information for 1 muffin**

Calories = 166   Carbohydrates = 26 grams   Protein = 4 grams   Fat = 6 grams   Sodium = 99 milligrams



# Pumpkin Muffins

11

## *Makes 12 muffins*

1½ cups **Whole-Wheat Flour**

¾ teaspoon cinnamon

½ teaspoon ginger

½ teaspoon nutmeg

1¼ teaspoons baking soda

½ cup **Raisins**

⅓ cup **Peanuts**, chopped

½ cup **Dry Egg Mix**

½ cup water

½ cup **Oil**

½ can **Pumpkin**

1. Turn on oven to 400°F. Lightly oil muffin pans.
2. Measure dry ingredients into a large bowl. Stir until well mixed.
3. In a different bowl stir water, oil, and pumpkin together until smooth.
4. Add pumpkin mixture to dry ingredients. Stir until just moist. Do not beat.
5. Fill muffin pans to make 12 muffins.
6. Bake for 20 minutes, until tops are light brown.

## Nutrition information for 1 muffin

Calories = 207   Carbohydrates = 19 grams   Protein = 5 grams   Fat = 13 grams   Sodium = 173 milligrams



## Whole-Wheat Master Mix



12

*Makes about 12 cups of dry mix*

4 cups **All-Purpose Flour**

4 cups **Whole-Wheat Flour**

$\frac{1}{4}$  cup baking powder

2 cups **Nonfat Dry Milk** powder

2 cups **Shortening**

1. Measure both flours, baking powder, and dry milk powder into a large bowl. Mix together very well.
2. Cut in shortening with a fork until mixture looks coarse, like cornmeal.
3. Store in a tightly covered container at room temperature.
4. Use, as needed, when listed in other recipes.







## Fruits and Vegetables - Hot and Cold





## Hot Spicy Fruit

13

***Makes 6 servings***

1 can **Peaches**  
1 can **Pears**  
3 tablespoons **Honey**  
1 teaspoon cinnamon

1. Drain both fruits. Throw syrup away.
2. Combine drained fruits in a 1½-quart baking dish.
3. Mix together honey and cinnamon; spoon over fruits.
4. Cover and bake at 350°F about 25 minutes *or* until thoroughly heated; stir once during baking.

Serve warm with poultry, pork, ham, or beef.

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**Nutrition information for 1 serving**

Calories = 85   Carbohydrates = 23 grams   Protein = less than 1 gram   Fat = 0   Sodium = 5 milligrams



## Plum Applesauce

14

**Makes 10 servings, ½ cup each**

**1 can Plums**

**1 can Applesauce**

**½ cup Raisins**

- 1.** Drain plums. Throw syrup away. Rinse plums with water. Drain again.
- 2.** Take out the pits, if necessary.
- 3.** Chop plums into tiny pieces and mash with a fork, *or* put plums in a blender and blend until smooth.
- 4.** Mix plums with applesauce. Chill in refrigerator.
- 5.** Before serving, sprinkle raisins on top.

Serve cold.

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**Nutrition information for each ½ cup serving**

Calories = 58   Carbohydrates = 15 grams   Protein = less than 1 gram   Fat = 0   Sodium = 7 milligrams

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## Rice and Fruit Pudding

15

**Makes 5 servings, ½ cup each**

1 can **Apricots**, chopped

1 cup liquid, use syrup from apricots plus water

½ cup **Rice**, uncooked

1 tablespoon margarine *or* **Butter**

¼ teaspoon cinnamon

¼ cup **Honey**

1. Drain apricots. Save the syrup in a measuring cup.
2. Add water to the syrup to make 1 cup of liquid. Bring the liquid to a boil in a small pot.
3. Stir rice into liquid. Bring to a boil again.
4. Add apricots, butter, and cinnamon to rice mixture.
5. Reduce heat and cover the pot. Simmer for about 20 minutes.
6. Stir in honey. Cover pot again and let it sit without heat for 15 minutes. The rice will finish cooking in its own steam.

As a change try other canned fruit, too.

**Nutrition information for each ½ cup serving**

Calories = 174   Carbohydrates = 38 grams   Protein = 2 grams   Fat = 2 grams   Sodium = 28 milligrams



# Cheesy Baked Potatoes and Spinach

16

**Makes 8 servings, ½ cup each**

2 cups water

1 tablespoon onion, finely chopped

2 tablespoons margarine *or* **Butter**

1½ cups **Instant Potato Flakes**

¼ cup **Nonfat Dry Milk** powder

¼ cup **Dry Egg Mix**

¼ teaspoon pepper

¾ cup **Cheese**, grated

1 can **Spinach**

1. Put water, onion, and butter in a saucepan.
2. Heat until water boils. Remove saucepan from heat.
3. While water is heating, mix potato flakes, dry milk, dry egg mix, and pepper together in a bowl.
4. Add potato flake mixture to boiling water. Stir until liquid is absorbed.
5. Stir cheese into potatoes.
6. Drain spinach. Press out any extra liquid.
7. Put spinach in the bottom of an oiled 8- by 8-inch pan.
8. Spread potato mixture over the top of the spinach.
9. Bake at 425°F for 20 minutes, *or* until top is light brown. Serve hot.

## Nutrition information for each ½ cup serving

Calories = 167   Carbohydrates = 25 grams   Protein = 7 grams   Fat = 5 grams   Sodium = 357 milligrams



# Green Bean Casserole

17

*Makes 8 servings, ½ cup each*

- 1 can **Green Beans**
- 2 tablespoons margarine *or* **Butter**
- ⅛ teaspoon garlic powder
- 1 medium onion, chopped
- 1 small green pepper, chopped
- 2 tablespoons pimiento (optional)
- 1 can **Tomatoes**, chopped
- 1 teaspoon hot sauce (optional)
- 1 cup **Cheese**, grated

1. Drain beans. Throw liquid away.
2. Rinse beans with water. Drain again and put in a baking dish.
3. Melt margarine *or* butter in skillet.
4. Add garlic powder, onion, green pepper, and pimiento to butter. Cook 5 minutes.
5. Add tomatoes and hot sauce to mixture in skillet. Mix well.
6. Pour over green beans.
7. Sprinkle cheese on top of casserole.
8. Bake at 350°F for 20 to 25 minutes.

Serve hot.

**Nutrition information for each ½ cup serving**

Calories = 103   Carbohydrates = 6 grams   Protein = 4 grams   Fat = 8 grams   Sodium = 406 milligrams



## Green Pea and Cheese Salad

18

***Makes 5 servings, ½ cup each***

1 can **Green Peas**

½ cup **Cheese**, diced

2 tablespoons onion, finely chopped

2 tablespoons celery, finely chopped

1 tablespoon pickle relish

¼ cup salad dressing

1. Drain peas. Throw liquid away.
2. Rinse peas with water. Drain again and put peas in a bowl.
3. Mix all other ingredients together.
4. Pour over peas.
5. Chill in refrigerator.

Using yogurt in place of salad dressing will reduce fat in this recipe.

Using fresh, chopped green pepper in place of relish will reduce sodium in this recipe.

Keep leftovers in refrigerator.

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**Nutrition information for each ½ cup serving**

Calories = 147   Carbohydrates = 11 grams   Protein = 6 grams   Fat = 9 grams   Sodium = 415 milligrams

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# Pineapple or Orange Sweet Potatoes

19

**Makes 4 servings, ½ cup each**

1 can **Sweet Potatoes**

¼ cup canned **Pineapple or Peaches or Pears**

½ cup **Pineapple or Orange Juice**

⅛ teaspoon cinnamon *or* nutmeg

2 tablespoons **Honey**

2 teaspoons margarine *or* **Butter**, melted

¼ cup **Raisins** (optional)

1. Drain sweet potatoes and fruit. Throw syrup away. Rinse sweet potatoes and fruit with water. Drain again.
2. Mash sweet potatoes in a medium-sized bowl.
3. Cut fruit into small pieces.
4. Add fruit, juice, and one spice to sweet potatoes. Beat together with a fork.
5. Put potato mixture into a lightly oiled 1-quart casserole.
6. Top potato mixture with honey, butter, and raisins if desired.
7. Bake without a lid at 350°F for 30 minutes, *or* until light brown.

**Nutrition information for each ½ cup serving**

Calories = 155   Carbohydrates = 34 grams   Protein = 1 gram   Fat = 2 grams   Sodium = 49 milligrams



## Scalloped Corn

20

*Makes 10 servings, ½ cup each*

1 cup **Dry Egg Mix**

1 cup water

2 cans **Cream-Style Corn**

1 medium onion, chopped

1 cup **Rolled Oats**

2 tablespoons **Evaporated Milk**

¼ teaspoon pepper

1. Turn on oven to 350°F.
2. Beat egg mix and water until smooth in a large bowl.
3. Add all other ingredients. Mix well.
4. Pour into lightly oiled baking dish.
5. Bake at 350°F for about 1 hour, until the top is light brown.

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**Nutrition information for each ½ cup serving**

Calories = 113   Carbohydrates = 10 grams   Protein = 6 grams   Fat = 8 grams   Sodium = 245 milligrams

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## Sweet Potato Cups

21

***Makes 12 servings,  $\frac{1}{3}$  cup each***

1 can **Sweet Potatoes**  
 $\frac{1}{3}$  cup **Evaporated Milk**  
 $\frac{1}{4}$  cup **Peanut Butter**  
 $\frac{1}{4}$  cup **Dry Egg Mix**  
 $\frac{1}{3}$  cup sweet potato syrup  
 $\frac{1}{4}$  cup **Peanuts**, chopped

1. Drain sweet potatoes. Keep and set aside  $\frac{1}{3}$  cup of the sweet potato syrup. Throw away remaining syrup.
2. Mash sweet potatoes.
3. Beat evaporated milk, peanut butter, dry egg mix, and syrup into the mashed sweet potatoes.
4. Spoon into lightly oiled muffin tins.
5. Sprinkle peanuts on top.
6. Bake at 350°F for 30 minutes.

Serve hot. Store leftovers in the refrigerator for up to 3 days.

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**Nutrition information for each  $\frac{1}{3}$  cup serving**

Calories = 105   Carbohydrates = 11 grams   Protein = 4 grams   Fat = 6 grams   Sodium = 82 milligrams



## Top-of-the-Stove Scalloped Potatoes

22

**Makes 6 servings, ½ cup each**

1 can **Whole Potatoes**, sliced  
1½ cups **Milk**, made from nonfat dry milk powder  
1 small onion, sliced  
¼ teaspoon salt  
pepper as desired  
2 tablespoons margarine *or* **Butter**  
2 tablespoons **All-Purpose Flour**  
¼ cup **Ready-To-Eat Cereal** (unsweetened),  
crumbs

1. Drain potatoes. Throw liquid away. Rinse potatoes. Set potatoes aside.
2. Put milk in a pan. Add potatoes, onion, salt, and pepper.
3. Cover pan. Cook over low heat 15 to 20 minutes, until potatoes and onion are soft.
4. Melt margarine *or* butter in another saucepan.
5. Stir in flour.
6. Pour the milk from the potatoes into the flour mixture. Stir quickly until smooth. Keep stirring until thick.
7. Pour milk and butter mixture back over potatoes.
8. Heat and stir gently until the potatoes are hot.
9. Before serving, sprinkle cereal crumbs over the potatoes.

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**Nutrition information for each ½ cup serving**

Calories = 99   Carbohydrates = 13 grams   Protein = 3 grams   Fat = 4 grams   Sodium = 293 milligrams

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## Vegetable Salad

23

**Makes 12 servings, ½ cup each**

- 1 can **Whole Kernel Corn**
- 1 can **Carrots**, sliced
- 1 can **Green Beans**
- 1 can **Tomatoes**, cut up
- 1 tablespoon onion, finely chopped
- 1 tablespoon green pepper, finely chopped
- ⅓ cup juice from tomatoes
- ¼ cup **Oil**
- ⅓ cup vinegar
- 2 tablespoons **Corn Syrup**
- ⅛ teaspoon pepper

1. Drain corn, carrots, and green beans. Throw liquid away. Rinse vegetables and drain again.
2. Drain tomatoes. Save ⅓ cup of the liquid.
3. Mix corn, carrots, green beans, tomatoes, onion, and green pepper in a large bowl.
4. Mix together all the other ingredients.
5. Pour over vegetables.
6. Cover and let sit at least 3 hours in the refrigerator.

You can use any combination of vegetables.

Chopped fresh garden vegetables add flavor and crunch to this recipe.

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**Nutrition information for each ½ cup serving**

Calories = 95   Carbohydrates = 12 grams   Protein = 2 grams   Fat = 5 grams   Sodium = 273 milligrams





## Meat and Fish Main Dishes Baked in the Oven





# Chicken Enchilada Casserole

24

## *Makes 10 servings*

1 can **Chicken**

½ cup onion, chopped

½ teaspoon garlic powder

½ cup green chilies, diced

1 can **Tomatoes**

1 teaspoon oregano

1 teaspoon pepper

12 corn tortillas

2 cups **Cheese**, grated

1½ cups milk gravy (recipe 44)

Leftovers can be frozen or refrigerated and used within 2 or 3 days.

1. Drain chicken. Throw juices away. Rinse chicken with hot water to take off extra fat. Drain again.
2. Mix chicken, onion, garlic powder, green chilies, tomatoes, oregano, and pepper together. Set aside.
3. Line a lightly oiled 9- by 13-inch baking pan with three tortillas.
4. Pour chicken mixture over the tortillas.
5. Sprinkle ¾ cup of cheese on top of chicken.
6. Place remaining three tortillas on top.
7. Make milk gravy and pour over tortillas.
8. Sprinkle last ¼ cup of cheese over top.
9. Bake at 350°F for 20 minutes.

## Nutrition information for 1 serving

Calories = 324   Carbohydrates = 23 grams   Protein = 22 grams   Fat = 16 grams   Sodium = 753 milligrams



# Cold or Hot Macaroni and Meat Salad

25

***Makes 6 servings, 1 cup each***

2 cups **Macaroni**, dry  
½ can **Chicken or Turkey or Tuna**  
1 cup **Cheese**, diced  
¼ cup celery, chopped  
2 tablespoons onion, finely chopped  
¼ cup salad dressing, mayonnaise-type  
¼ cup **Evaporated Milk**  
1 teaspoon prepared mustard  
¼ cup sweet pickle relish *or* chopped pickles  
½ can **Green Peas or Whole Kernel Corn or Carrots** *or* a 1-cup combination

Using fresh, chopped green pepper in place of relish will reduce the sodium in this recipe.

1. Cook macaroni using directions on the package.
2. Drain meat. Rinse under hot water to take off extra fat. Drain again.
3. In a large bowl combine macaroni, meat, cheese, celery, and onion.
4. Blend salad dressing, evaporated milk, and mustard together in a small bowl.
5. Add to macaroni mixture. Mix well.
6. Gently stir pickle relish and drained peas into macaroni mixture.
7. To serve cold, chill in the refrigerator several hours. To serve hot, put into a lightly oiled casserole dish. Bake at 375°F for 30 to 35 minutes.

## Nutrition information for 1 cup

Calories = 398   Carbohydrates = 43 grams   Protein = 22 grams   Fat = 15 grams   Sodium = 740 milligrams



## Meat, Cheese, and Potato Pie

26

### *Makes 6 servings*

$\frac{1}{2}$  can **Luncheon Meat** *or* **Pork** *or* **Chicken**

2 tablespoons margarine *or* **Butter**

$1\frac{3}{4}$  cups water

2 tablespoons **Nonfat Dry Milk** powder

2 cups **Instant Potato Flakes**

1 tablespoon prepared mustard

1 can **Carrots**

$\frac{1}{4}$  cup onion, chopped

$\frac{1}{2}$  cup **Cheese**, grated

1. Turn on oven to 350°F.
2. Drain meat juices. Throw juices away. Rinse under hot water to take off extra fat. Drain again well. Set aside.
3. Put margarine *or* butter and water in a saucepan. Heat to a boil.
4. Remove from heat and add milk powder.
5. Stir in potato flakes gently with a fork until soft and moist.
6. Stir mustard into mashed potatoes. Spread in bottom of a lightly oiled 9- by 13-inch pan.
7. Drain carrots. Throw liquid away. Rinse carrots with water. Drain again.
8. Mix meat, carrots, and onion together.
9. Spread in a layer over the top of the potatoes.
10. Sprinkle cheese over meat layer. Bake for 30 minutes.

### **Nutrition information for 1 serving**

Calories = 330   Carbohydrates = 18 grams   Protein = 14 grams   Fat = 23 grams   Sodium = 1,198 milligrams



## No-Fuss Turkey or Chicken Pie

27

**Makes 6 servings**

1 can **Turkey or Chicken**

1 can **Carrots**

½ cup onion, sliced

1 cup **Cheese**, grated

1¼ cups **Milk**, made from nonfat dry milk powder

¾ cup master mix (recipe 12)

½ cup **Dry Egg Mix**

1. Drain meat. Throw juices away. Rinse meat under hot water to take off extra fat. Drain again.
2. Drain carrots. Throw liquid away. Rinse with water and drain again.
3. Lightly oil a 10-inch pie plate.
4. Sprinkle meat, carrots, onion, and cheese in pie plate.
5. Mix master mix and dry egg mix together in a small bowl.
6. Mix milk into dry ingredients. Pour over ingredients in pie plate.
7. Bake at 400°F for 25 to 30 minutes.
8. Let set about 5 minutes before cutting.

### Nutrition information for 1 serving

Calories = 394   Carbohydrates = 16 grams   Protein = 35 grams   Fat = 21 grams   Sodium = 1,005 milligrams



## One-Pan Mexican-Style Meat Bake

28

**Makes 10 servings**

1 can **Meatball Stew**  
2 cups master mix (recipe 12)  
¼ cup **Nonfat Dry Milk** powder  
½ cup **Dry Egg Mix**  
1¼ cups water  
½ cup onion, chopped  
2 tablespoons chili powder  
½ teaspoon garlic powder  
½ teaspoon cumin, ground (optional)  
1 cup **Cheese**, grated  
2 cans **Tomatoes**

May be served with taco sauce.

1. Turn on oven to 350°F. Lightly oil the inside of a rectangular oven pan.
2. Chop meatballs into small pieces. Set aside.
3. Mix the master mix, dry milk powder, and dry egg mix together in pan.
4. Add water and mix well with a fork.
5. Stir the meat, stew vegetables with gravy, onion, and seasonings into the batter. Spread evenly in a 9- by 13-inch pan.
6. Bake uncovered for 25 to 30 minutes *or* until top springs back when touched.
7. Drain tomatoes and chop into small pieces. Save juice from tomatoes for another recipe.
8. Add grated cheese and chopped tomatoes over top of casserole. Bake again for 1 to 2 minutes to melt cheese.

### Nutrition information for 1 serving

Calories = 285 Carbohydrates = 24 grams Protein = 13 grams Fat = 16 grams Sodium = 764 milligrams



## Salmon Tomato Loaf

29

### *Makes 6 servings*

1 can **Salmon**  
1 can **Tomatoes**  
1 tablespoon margarine *or* **Butter**, melted  
2 cups **Ready-To-Eat Cereal** (unsweetened),  
crushed  
¼ cup **Dry Egg Mix**  
¼ cup water  
¼ cup onion, chopped  
pepper to taste

1. Drain salmon. Throw juices away.
2. Separate salmon with a fork and mash bones.
3. Put all ingredients in a bowl.
4. Mix lightly with a fork.
5. Put into a lightly oiled baking dish *or* form a loaf in a baking pan.
6. Bake at 425°F about 25 minutes.

Tuna can be used in place of salmon.

### Nutrition information for 1 serving

Calories = 169   Carbohydrates = 10 grams   Protein = 14 grams   Fat = 8 grams   Sodium = 631 milligrams



## Savory Spinach Squares

30

### *Makes 8 squares*

1 can **Spinach**

$\frac{2}{3}$  cup **Rice**, uncooked

$\frac{3}{4}$  cup **Dry Egg Mix**

$\frac{3}{4}$  cup water

$\frac{2}{3}$  cup **Evaporated Milk**

$\frac{1}{2}$  cup onion, chopped

2 tablespoons parsley, dried *or* fresh

1 teaspoon Worcestershire sauce

$\frac{1}{2}$  teaspoon nutmeg (optional)

2 cups **Cheese**, shredded

1. Drain spinach. Throw liquid away.
2. Cook rice using directions on package. Set aside.
3. Beat egg mix, water, evaporated milk, onion, parsley, Worcestershire sauce, and nutmeg together in a large bowl.
4. Stir rice, spinach, and cheese into egg mixture.
5. Pour into a greased, shallow 2-quart baking dish.
6. Bake at 350°F for 45 minutes. Cut into 8 squares.

Serve hot.

### Nutrition information for 1 square

Calories = 265   Carbohydrates = 19 grams   Protein = 14 grams   Fat = 15 grams   Sodium = 538 milligrams



## Six In One

31

***Makes 10 servings, 1 cup each***

½ can **Luncheon Meat**, chopped

1 can **Green Beans**

1 can **Cream-Style Corn**

1 can **Carrots**

1 can **Whole Potatoes**

1 can **Tomato Sauce**

1. Drain meat juices. Throw juices away. Rinse meat with hot water to take off extra fat.
2. Drain green beans, carrots, and potatoes. Throw liquid away. Rinse vegetables with water. Drain again.
3. Slice the carrots. Cut the potatoes in half.
4. Put meat and all vegetables in a 9- by 13-inch baking dish in layers.
5. Pour tomato sauce over all.
6. Bake at 350°F for 45 minutes or until done.

### Nutrition information for 1 cup

Calories = 189   Carbohydrates = 20 grams   Protein = 8 grams   Fat = 10 grams   Sodium = 1,131 milligrams



## Tuna Loaf

32

### *Makes 6 servings*

4 cups **Rice**, cooked  
2 cups **Cheese**, grated  
1 can **Tuna**  
2 tablespoons onion, chopped  
2 tablespoons parsley flakes  
 $\frac{3}{4}$  cup **Dry Egg Mix**  
 $\frac{3}{4}$  cup water  
 $\frac{1}{2}$  cup **Evaporated Milk**

1. Drain tuna. Throw juices away.
2. Put rice, cheese, tuna, onion, and parsley in a bowl. Mix well.
3. Mix together egg mix and water.
4. Stir in evaporated milk.
5. Pour egg and milk mixture into the tuna mixture. Mix well.
6. Lightly coat a loaf pan with oil or shortening. Pour tuna mixture into loaf pan.
7. Bake at 375°F for 45 minutes.

### Nutrition information for 1 serving

Calories = 476   Carbohydrates = 42 grams   Protein = 31 grams   Fat = 19 grams   Sodium = 843 milligrams





## Meat and Fish Main Dishes Cooked on the Stove





## Meataroni

33

*Makes 6 servings, 1 cup each*

1 cup **Macaroni**, uncooked  
1 can **Beef or Pork**  
 $\frac{1}{4}$  cup onion, chopped  
1 can **Green Peas**  
1 can **Tomatoes**, cut up with juice  
2 cups water  
pepper to taste

1. Cook macaroni using directions on the package. Drain.
2. Drain beef. Throw juices away. Rinse beef with hot water to take off extra fat.
3. Drain peas. Throw liquid away. Rinse peas with water. Drain again.
4. Combine macaroni, meat, vegetables, water, and pepper in a large saucepan.
5. Cook over low heat 15 to 20 minutes, until well heated.

For a change, try another vegetable in place of peas.

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### Nutrition information for 1 cup

Calories = 239   Carbohydrates = 16 grams   Protein = 21 grams   Fat = 10 grams   Sodium = 575 milligrams



## Pork in Peanut Butter Sauce

34

*Makes 6 servings, 1 cup each*

1 can **Pork**

1 medium onion, chopped

½ cup **Peanut Butter**

½ teaspoon ground ginger *or* cinnamon *or* curry  
powder

½ teaspoon pepper

2 tablespoons **All-Purpose Flour**

2 cups cold water

1. Drain pork. Throw juices away. Rinse pork with hot water to take off extra fat.
2. Brown pork with onion in skillet until onion is soft.
3. Stir in peanut butter, the ginger or cinnamon or curry powder, and pepper.
4. Mix flour and cold water in small bowl to make a smooth paste. Add to peanut butter and pork mixture.
5. Cook and stir for 3 minutes until mixture becomes thick.

Serve hot over rice or pasta.

### Nutrition information for 1 cup

Calories = 310   Carbohydrates = 7 grams   Protein = 23 grams   Fat = 21 grams   Sodium = 412 milligrams



## Porcupine Patties

35

### *Makes 10 patties*

$\frac{1}{3}$  cup **Dry Egg Mix**

$\frac{1}{3}$  cup water

1 can **Meat**, any variety

$\frac{1}{2}$  cup **Rice**, uncooked

$\frac{1}{2}$  cup **Instant Potato Flakes**, dry

$\frac{1}{2}$  cup onion, chopped

1 can **Tomato Sauce**

1. Beat egg mix into water.
2. Drain meat. Throw juices away. Rinse meat with hot water to take off extra fat. Drain meat again.
3. Cut meat into small pieces and add to egg mixture.
4. Mix in rice, potato flakes, and onion.
5. Form into 10 patties. Brown in a lightly oiled fry pan.
6. When patties are browned, pour tomato sauce on top of them.
7. Cover and cook on low heat for 20 to 30 minutes.

For a change, use Barbeque Sauce (recipe 46) in place of tomato sauce.

### **Nutrition information for 1 patty**

Calories = 193   Carbohydrates = 14 grams   Protein = 13 grams   Fat = 9 grams   Sodium = 478 milligrams



## Stove-Top Tamale Pie

36

*Makes 5 servings, 1½ cups each*

1 can **Vegetarian Beans**

1 can **Whole Kernel Corn**

¼ cup green pepper, chopped

¼ cup onion, chopped

1½ teaspoons **Oil**

1 can **Tomatoes** with juice

1 tablespoon chili powder

⅓ cup **Cornmeal**

¾ cup water


½ cup **Cheese**, grated

1. Drain vegetarian beans and corn. Rinse with water.
2. Cook green pepper and onion in oil in a large skillet until soft.
3. Mash tomatoes with a fork. Add tomatoes and their juice, vegetarian beans, corn, and chili powder to the skillet.
4. Cover and cook over low heat until flavors are blended, about 10 minutes.

*While the bean mixture is heating:*

1. Place cornmeal and water in a small saucepan.
2. Cook over medium heat. Stir while cornmeal gets thick.
3. Mix cheese with the cornmeal.



- 
4. Spread cornmeal and cheese mixture over bean mixture to form a crust.
  5. Sprinkle more chili powder over crust, if desired.
  6. Cook over low heat without a lid until crust is set, about 5 to 7 minutes.



**Nutrition information for each 1½-cup serving**

Calories = 220   Carbohydrates = 37 grams   Protein = 9 grams   Fat = 6 grams   Sodium = 762 milligrams





## Soups and Stews





## Chicken One Pot

37

***Makes 6 servings, 1 cup each***

¼ cup water  
1 tablespoon **Oil**  
1 small onion, chopped  
3 tablespoons **All-Purpose Flour**  
¾ cup **Evaporated Milk**  
½ cup water  
1 can **Chicken**  
1 can **Green Peas**  
1 can **Cream-Style Corn**  
¼ teaspoon Worcestershire sauce (optional)

1. Put water, oil, and onion into a saucepan. Cook until onion is soft.
2. Sprinkle flour into saucepan a little at a time, stirring to keep smooth.
3. Drain peas. Throw liquid away. Rinse peas with water. Drain again.
4. Add evaporated milk to onion mixture.
5. Cook and stir over medium heat until thick and smooth.
6. Drain chicken. Throw juices away. Rinse chicken with hot water to take off extra fat. Drain again.
7. Add water, chicken, peas, corn, and Worcestershire sauce to the saucepan.
8. Mix well and stir over low heat until well heated. Serve hot.

### Nutrition information for 1 cup

Calories = 331   Carbohydrates = 27 grams   Protein = 28 grams   Fat = 13 grams   Sodium = 857 milligrams



## Corn Chowder

38

**Makes 10 servings, 1¼ cups each**

¼ can **Luncheon Meat**  
1 medium onion, diced  
½ cup celery, diced  
2 tablespoons margarine *or* **Butter**  
2 cans **Whole Potatoes**  
2 cans **Cream-Style Corn**  
⅔ cup **Nonfat Dry Milk** powder  
1 can **Evaporated Milk**  
1 can water, using evaporated milk can  
¼ teaspoon pepper

1. In a large pan, cook onion and celery in margarine *or* butter until tender, about 5 minutes.
2. Cut luncheon meat into 1-inch squares. Rinse off extra fat and salt with warm water. Drain well.
3. Add luncheon meat to onion mixture.
4. Drain potatoes. Throw liquid away. Rinse potatoes with water. Drain again.
5. Cut potatoes into small pieces.
6. Add potatoes to the luncheon meat mixture.
7. Stir in corn, nonfat dry milk, evaporated milk, and pepper.
8. Add 1 can of water, using milk can to measure.
9. Heat just until ready to boil. Serve hot.

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**Nutrition information for each 1¼-cup serving**

Calories = 249   Carbohydrates = 32 grams   Protein = 10 grams   Fat = 10 grams   Sodium = 765 milligrams

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## Quick Potato and Spinach Soup

39

*Makes 6 servings, 1 cup each*

¼ cup margarine *or* **Butter**

1 small onion, chopped

3 cups **Milk**, made from nonfat dry milk powder

1 cup water

1 can **Whole Potatoes**

½ can **Spinach**

1 cup **Instant Potato Flakes**

¼ teaspoon pepper

1. Cook onion in margarine *or* butter at medium heat in a large saucepan until soft.
2. Add milk and water to onion. Heat mixture until it is hot.
3. Drain potatoes and spinach. Throw liquid away. Rinse both vegetables with water. Drain again.
4. Chop potatoes and spinach.
5. Add instant potatoes, chopped potatoes and spinach, and pepper to milk mixture.
6. Simmer together 10 minutes before serving.

### Nutrition information for 1 cup

Calories = 174   Carbohydrates = 20 grams   Protein = 6 grams   Fat = 8 grams   Sodium = 290 milligrams



# Tasty Lima Bean Soup

40

**Makes 10 servings, 1¼ cups each**

1-pound bag **Dry Lima Beans**

8 cups water

¼ can **Luncheon Meat**

2 cans **Tomatoes**, cut up with juice

1 cup onion, chopped

1 tablespoon Worcestershire sauce

¼ teaspoon pepper

1. Place dry lima beans and water in a pot. Heat to boiling. Boil for 2 minutes.
2. Remove from heat. Cover and let soak for 1½ hours or overnight in refrigerator.
3. Heat beans and water to a gentle boil. Cook until soft, about 1½ hours.
4. Drain beans, reserve 1 cup of liquid.
5. Drain luncheon meat. Throw juices away. Rinse meat with hot water to take off extra fat. Drain.
6. Cut luncheon meat into 1-inch cubes. Add meat to the beans.
7. Break up the tomatoes with a spoon and add to the beans.
8. Add all other ingredients to pot. Heat until just boiling. Serve hot.

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## Nutrition information for each 1¼-cup serving

Calories = 212   Carbohydrates = 30 grams   Protein = 12 grams   Fat = 5 grams   Sodium = 427 milligrams

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## All Commodities Stew

41

**Makes 8 servings, 1 cup each**

1 can **Commodity Meat** of choice  
1 can **Whole Potatoes**  
1 can **Carrots**  
1 can **Whole Kernel Corn**  
1 can **Green Beans**  
2 cans **Tomatoes** with juice  
1 to 2 cups water  
garlic *or* onion to taste

1. Drain meat. Throw juices away. Rinse meat with hot water to take off extra fat.
2. Drain potatoes, carrots, corn, and green beans. Throw liquid away. Rinse vegetables with water.
3. Chop potatoes. Slice carrots.
4. Put *all* ingredients in a large saucepan.
5. Bring to a boil, stir, then lower heat. Simmer 10 minutes before serving.

Serve hot.

Serve with farina dumplings (recipe 8). Try this with different combinations of vegetables for a nice change.

### Nutrition information for 1 cup

Calories = 207   Carbohydrates = 21 grams   Protein = 16 grams   Fat = 7 grams   Sodium = 748 milligrams



# Meatball Stew Plus

42

***Makes 10 servings, 1 cup each***

4 cups water  
½ cup onion, chopped  
¼ head cabbage, chopped  
1 can **Carrots**  
1 can **Green Beans**  
1 can **Whole Potatoes**  
1 can **Meatball Stew**  
1 can **Tomatoes** with juice  
¼ teaspoon pepper  
¼ teaspoon garlic powder

1. Put water, onion, and cabbage in a large saucepan. Bring to a boil.
2. Lower heat, cover, and simmer until onion and cabbage are soft, about 20 minutes.
3. Drain carrots, green beans, and potatoes. Throw liquid away. Rinse vegetables with water.
4. Chop potatoes.
5. When cabbage mixture is ready, add carrots, green beans, potatoes, stew, tomatoes, pepper, and garlic powder.
6. Heat about 5 to 10 minutes until all ingredients are heated.

Serve hot.

## Nutrition information for 1 cup

Calories = 108   Carbohydrates = 15 grams   Protein = 6 grams   Fat = 3 grams   Sodium = 632 milligrams









## Gravies, Sauces, Spreads, Syrups, and Toppings





## Meat Gravy



**Makes 6 servings,  $\frac{3}{4}$  cup each**

$\frac{1}{2}$  can **Beef or Pork or Chicken or Turkey**

$\frac{3}{4}$  cup water

$\frac{1}{2}$  cup onion, chopped

1 tablespoon chili powder, or more to taste

$\frac{1}{4}$  cup **All-Purpose Flour**

$\frac{3}{4}$  cup cold water

1. Drain juices. Throw juices away. Rinse meat with hot water to take off extra fat. Drain again.
2. Mix  $\frac{3}{4}$  cup water, onion, and chili powder in a skillet. Add meat.
3. Bring to a boil.
4. Mix flour with the other  $\frac{3}{4}$  cup cold water to make a smooth paste. Pour over meat mixture.
5. Cook and stir over heat until thick.

Serve over pasta, rice, noodles, or refried beans.



### **Nutrition information for each $\frac{3}{4}$ -cup serving**

Calories = 104   Carbohydrates = 5 grams   Protein = 10 grams   Fat = 5 grams   Sodium = 141 milligrams



## Milk Gravy



***Makes about 2½ cups (5 servings, ½ cup each)***

¼ cup margarine *or* **Butter**

¼ cup **Whole-Wheat Flour** *or* **All-Purpose Flour**

2 cups **Milk**, made from nonfat dry milk powder

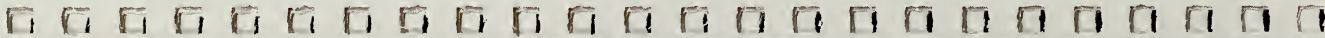
1. Melt margarine *or* butter in a saucepan.
2. Blend flour into melted fat.
3. Stir until smooth and bubbly. Remove from heat.
4. Add milk slowly, while stirring to keep the mixture smooth.
5. Return mixture to a low heat. Cook and stir until thickened.

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### Nutrition information for each ½-cup serving

Calories = 135   Carbohydrates = 9 grams   Protein = 4 grams   Fat = 9 grams   Sodium = 143 milligrams





# Tomato Gravy



45

***Makes 2 cups (4 servings, ½ cup each)***

2 tablespoons onion, chopped

2 tablespoons green pepper, chopped

2 tablespoons margarine *or* **Oil** *or* **Butter**

1½ tablespoons **All-Purpose Flour**

1 can **Tomato Sauce**

⅛ teaspoon pepper

⅛ teaspoon basil, dried

¼ cup water

1. Cook onion and green pepper in margarine *or* oil *or* butter until soft in a large skillet.
2. Stir flour into onion mixture until well mixed.
3. Add tomato sauce, black pepper, basil, and water.
4. Cook and stir until slightly thickened.

Serve over meatloaf, pasta, rice, or scrambled eggs.



## **Nutrition information for each ½-cup serving**

Calories = 96   Carbohydrates = 10 grams   Protein = 2 grams   Fat = 6 grams   Sodium = 701 milligrams



# Barbeque Sauce



46

**Makes 2½ cups (20 servings, 2 tablespoons each)**

- 1 can **Tomato Sauce**
- ½ cup water
- 2 tablespoons vinegar *or* lemon juice
- dash hot sauce
- dash pepper
- 1 tablespoon **Corn Syrup** *or* **Honey**

1. Combine all ingredients in a saucepan.
2. Heat until mixture boils. Remove from heat.

Use to baste or pour over chicken, pork, or beef.

Store leftover sauce in the refrigerator.



## Nutrition information for each 2-tablespoon serving

Calories = 10   Carbohydrates = 2 grams   Protein = less than 1 gram   Fat = 0   Sodium = 129 milligrams





## Cheese Sauce



***Makes about 3 cups (6 servings, ½ cup each)***

2 cups milk gravy (recipe 44)

2 cups **Cheese**, grated

1. Make milk gravy recipe.
2. Add cheese to it.
3. Stir over low heat until cheese melts.

Serve over cornbread, corn muffins, biscuits, pasta, or toast.



### **Nutrition information for each ½-cup serving**

Calories = 248   Carbohydrates = 8 grams   Protein = 11 grams   Fat = 19 grams   Sodium = 654 milligrams



# Spaghetti Sauce



48

**Makes 10 servings, ½ cup each**

2 tablespoons **Oil** or **Shortening**

¾ cup onion, chopped

2 large sections of garlic, finely chopped

¾ cup green pepper, chopped

¼ teaspoon hot red pepper flakes (optional)

4 cans **Tomatoes** with juice

2 bay leaves

1 teaspoon basil

¼ teaspoon black pepper

2 cans **Green Beans**

1. Heat oil in saucepan over medium heat.
2. Add onion, garlic, green pepper, and hot pepper flakes to oil. Cover and heat 2 minutes, stirring occasionally.
3. Mash tomatoes into small pieces. Add to mixture in saucepan.
4. Add herbs to mixture. Cover and bring to a boil. Reduce heat and simmer for 25 minutes, stirring occasionally.
5. Drain green beans and rinse with water. Add to mixture in saucepan. Heat thoroughly before serving.

Use ½ cup of sauce over 1 cup cooked spaghetti or noodles for each serving. Sauce freezes well.



## Nutrition information for ½ cup

Calories = 79   Carbohydrates = 12 grams   Protein = 3 grams   Fat = 3 grams   Sodium = 428 milligrams





## Vegetable Sauce



***Makes 7 servings, ½ cup each***

**1 can Any Vegetable or Mix of Vegetables**

(about 2 cups)

**2 cups milk gravy (recipe 44)**

**2 tablespoons onion, chopped**

- 1.** Drain vegetables. Throw liquid away. Rinse vegetables with water. Drain well. Set aside.
- 2.** Make milk gravy recipe.
- 3.** Add vegetables and onion to milk gravy.
- 4.** Stir over low heat until heated.



### **Nutrition information for each ½-cup serving**

Calories = 111   Carbohydrates = 10 grams   Protein = 3 grams   Fat = 6 grams   Sodium = 193 milligrams



## Raisin Butter



50



**Makes 1½ cups (24 servings, 1 tablespoon each)**

1½ cups **Raisins**

¾ cup **Orange Juice**

½ teaspoon cinnamon

dash ground cloves

1. Combine all ingredients in a saucepan.
2. Bring to a boil. Lower heat and simmer, uncovered, for 10 minutes.
3. Whip in a blender or mash with a fork until smooth.

Store in the refrigerator.

Serve on bread, muffins, biscuits, and rolls.



### Nutrition information for 1 tablespoon

Calories = 32   Carbohydrates = 8 grams   Protein = less than 1 gram   Fat = 0   Sodium = 1 milligram





## Sweet Potato Spread



***Makes 2 cups (32 servings, 1 tablespoon each)***

1 can **Sweet Potatoes**

$\frac{1}{2}$  cup **Peanut Butter**

$\frac{1}{4}$  cup **Honey**

$\frac{1}{4}$  cup **Orange Juice**

1. Drain sweet potatoes. Throw syrup away.
2. Mash sweet potatoes with a fork in a bowl.
3. Stir peanut butter and honey into the sweet potatoes.
4. Add orange juice to mixture. Add more orange juice if you want a thinner spread.

Store in the refrigerator.

Serve on bread, toast, biscuits, muffins, and rolls.



### **Nutrition information for 1 tablespoon**

Calories = 85   Carbohydrates = 11 grams   Protein = 2 grams   Fat = 4 grams   Sodium = 46 milligrams



## Grape Juice Syrup



52



**Makes 2½ cups**

1½ tablespoons cornstarch

¼ cup sugar

2 cups **Grape Juice**

¼ cup **Orange Juice**

1. Stir cornstarch and sugar together.
2. Stir in grape juice. Cook and stir until liquid bubbles and gets thick.
3. Take off heat. Stir in orange juice.

Serve warm. Refrigerate any syrup left over for up to 2 weeks. Reheat before using again.

Use on top of french toast, pancakes, ice cream, biscuits, or muffins.



### Nutrition information for 1 tablespoon

Calories = 14   Carbohydrates = 4 grams   Protein = 0   Fat = 0   Sodium = less than 1 milligram





## Crunchy Toppings



*Makes about ½ cup of topping*

### For Desserts:

½ cup sweet **Ready-To-Eat Cereal**, crushed  
your choice of spices like cinnamon, nutmeg,  
ginger, *or* any others, to taste

1. Crush the sweet cereal into smaller pieces.
2. Mix into cereal any spice or mixture of spices you like in amounts that suit your taste.
3. Use about 2 tablespoons over a serving of pudding or on top of canned or fresh fruit.

### For Baked Vegetables or Main Dish Casseroles:

½ cup unsweetened **Ready-To-Eat Cereal**,  
crushed  
your choice of herbs such as parsley, onion  
powder, garlic powder, *or* basil, to taste  
2 tablespoons margarine *or* **Butter**, melted

1. Crush unsweetened cereal into smaller pieces.
2. Add any herb or mixture of herbs you like in amounts to suit your taste.
3. Mix margarine *or* butter into mixture.
4. Sprinkle on top of a vegetable dish or main dish casserole.
5. Bake at 350°F until the food is tender and done. Baking time will vary depending on the food being baked.



For less fat in your food, just use crushed cereal with herbs.



## Crispy Coatings



*Makes about 1 cup of coating*

1 cup any unsweetened **Ready-To-Eat Cereal**,  
crushed  
any herb like parsley, onion powder, garlic powder,  
basil, black pepper, *or* chili powder, to taste  
**Evaporated Milk**

1. Crush cereal into crumbs.
2. Add any herb or mixture of herbs you like in amounts to suit your taste. Set aside.
3. Dip large pieces of meat, fish, or vegetables into evaporated milk.
4. Coat each piece with the crushed cereal mixture.
5. Bake at 350°F until tender and done. Baking time will depend on the size of the food pieces.





# Whipped Topping for Desserts Made With Nonfat Dry Milk



**Makes 3½ cups (28 servings, 2 tablespoons each)**

½ cup **Nonfat Dry Milk** powder  
½ cup ice water  
1 tablespoon lemon juice  
¼ cup **Corn Syrup**  
½ teaspoon vanilla

1. Chill a small bowl and beaters.
2. Whip dry milk and ice water until soft peaks form, about 3 to 4 minutes.
3. Add lemon juice and beat until stiff, about 3 to 4 minutes.
4. Gently stir corn syrup and vanilla into whipped milk.

Serve at once. Mixture loses its shape quickly.

*Note:* This recipe works best as a topping. It will not work as an ingredient in a recipe.



## **Nutrition information for each 2-tablespoon serving**

Calories = 13   Carbohydrates = 3 grams   Protein = less than 1 gram   Fat = 0   Sodium = 9 milligrams



## Whipped Topping Made With Evaporated Milk



56

**Makes 2 cups (16 servings, 2 tablespoons each)**

$\frac{1}{2}$  cup **Evaporated Milk**  
2 teaspoons lemon juice  
 $\frac{1}{4}$  cup **Corn Syrup**  
 $\frac{1}{2}$  teaspoon vanilla

1. Chill milk in a bowl in freezer until ice forms around the edges. Chill mixing beaters as well.
2. Remove milk from freezer. Whip until stiff.
3. Add lemon juice to milk. Keep on beating until very stiff.
4. Blend corn syrup and vanilla into milk mixture. Serve immediately.

*Note:* This topping will keep its shape longer than the whipped topping in recipe 55.



### **Nutrition information for each 2-tablespoon serving**

Calories = 26   Carbohydrates = 5 grams   Protein = 1 gram   Fat = 1 gram   Sodium = 12 milligrams











## Beverages, Snacks, and Special Occasion Foods





## Fruit Freeze

57

### **Makes 5 servings**

3 cups **Fruit Juice**, any kind

1 cup **Canned Fruit**, chopped *or* mashed

1. Blend fruit juice and canned fruit together.
2. Pour into five 5-ounce paper cups. Fill within ½ inch of top.
3. Freeze for 1 hour. The mixture should be partly frozen. Put a wooden spoon or a flat wooden stick in the center of each cup.
4. Put back in the freezer.
5. Freeze about 3 hours or until hard.
6. To remove fruit freeze from cup, warm cup between both hands.

Try these flavors. They are good together:

- orange juice + pineapple
- apple juice + any fruit

### **Nutrition information for 1 serving**

Calories = 89   Carbohydrates = 21 grams   Protein = 1 gram   Fat = less than 1 gram   Sodium = 3 milligrams



## Fruit Julius

58

***Makes 4 servings, about  $\frac{3}{4}$  cup each***

2 cups **Fruit Juice**, any kind  
 $\frac{2}{3}$  cup **Nonfat Dry Milk** powder  
1 teaspoon vanilla  
5 or 6 ice cubes, crushed

1. Crush ice in a clean cloth with a hammer or rolling pin.
2. Combine all ingredients in a container with a tight lid.
3. Shake until blended.
4. Serve at once in a glass.

### Nutrition information for each $\frac{3}{4}$ -cup serving

Calories = 93   Carbohydrates = 18 grams   Protein = 5 grams   Fat = less than 1 gram   Sodium = 65 milligrams



## Fruit Milkshake

59

*Makes about 4 servings, 1 cup each*

1 can **Plums** in syrup

½ cup **Nonfat Dry Milk** powder

8 ice cubes, crushed

1. Drain plums, but keep syrup.
2. Remove seeds from plums. Cut fruit into pieces.
3. Mash fruit through a strainer or in a food mill.
4. Add the syrup.
5. Blend dry milk powder with fruit.
6. Crush ice in a clean cloth with a hammer or rolling pin.
7. Blend crushed ice with fruit mixture.

As a change, try other canned fruits, too.

### Nutrition information for each 1-cup serving

Calories = 70   Carbohydrates = 15 grams   Protein = 3 grams   Fat = 0   Sodium = 59 milligrams



# Winner's Party Home Brew

60

***Makes about 40 servings,  $\frac{3}{4}$  cup each***

2 cans **Peaches or Apricots**

1 can **Grapefruit Juice**

4 liters club soda *or* diet ginger ale *or* diet lemon-lime soda

1. Blend apricots *or* peaches in a blender or mash into a paste.
2. Pour mashed fruit into a punch bowl.
3. Add the juice and soda to the mashed fruit. Stir well.
4. Chill or add ice cubes to serve cold.

Any combination of fruit and fruit juice can be used.

## Nutrition information for each $\frac{3}{4}$ -cup serving

Calories = 17   Carbohydrates = 4 grams   Protein = 0   Fat = 0   Sodium = 21 milligrams



## Bean Dip

61

***Makes 16 servings, 2 tablespoons each***

1 can **Vegetarian Beans**  
2 tablespoons lemon juice *or* water  
2 tablespoons **Nonfat Dry Milk** powder  
1 teaspoon chili powder  
1 teaspoon garlic powder  
1 teaspoon finely diced onion *or* onion powder  
½ to 1½ teaspoons hot sauce (optional)

1. Drain beans. Throw liquid away. Rinse beans with water. Drain well.
2. Mash beans with a fork.
3. Mix lemon juice, dry milk powder, and spices with the beans.
4. Add hot sauce to taste.

Serve on vegetable sticks, low-salt crackers, or no-salt tortilla chips.

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**Nutrition information for each 2-tablespoon serving**

Calories = 22   Carbohydrates = 5 grams   Protein = 1 gram   Fat = 0   Sodium = 82 milligrams



## Cheese Snack Wafers

62

### **Makes 56 wafers**

$\frac{1}{2}$  cup **All-Purpose Flour**

$\frac{1}{4}$  cup **Whole-Wheat Flour**

dash cayenne pepper (optional)

$\frac{1}{2}$  cup margarine *or* **Butter**, softened

2 cups **Cheese**, shredded

$1\frac{1}{2}$  cups dry, unsweetened **Ready-to-Eat Cereal**

1. Mix both flours and cayenne pepper together in a small bowl. Set aside.
2. In a large bowl, beat margarine *or* butter and cheese together until light and fluffy.
3. Add cereal to butter-cheese mixture. Stir until blended.
4. Add the flour mixture and stir until just moistened.
5. Drop teaspoons of batter onto an ungreased cookie sheet. Flatten each mound with a fork dipped in flour.
6. Bake at 350°F for 12 minutes or until light brown around the edges.
7. Remove from the cookie sheet. Cool.

### **Nutrition information for 1 wafer**

Calories = 37   Carbohydrates = 2 grams   Protein = 1 gram   Fat = 3 grams   Sodium = 80 milligrams



## Whole-Grain Meat Squares

63

***Makes 24 snack squares or 12 main dish servings***

1½ cups water  
¾ cup **Milk**, made from nonfat dry milk powder  
¼ cup **Dry Egg Mix**  
¼ cup margarine *or* **Butter**, melted  
2 tablespoons **Honey**  
½ cup **Rolled Oats**  
1 cup **Cornmeal**  
1 cup **Whole-Wheat Flour**  
1 tablespoon baking powder  
1 cup **Pork**, finely chopped  
1 cup **Cheese**, grated

Store leftovers in the refrigerator or freezer.

1. Combine water, milk, dry egg mix, margarine *or* butter, and honey in a bowl. Set aside.
2. Mix oats, cornmeal, flour, and baking powder in a large bowl.
3. Add liquid ingredients to dry ingredients. Mix until just moistened.
4. Spread half of the batter in a lightly oiled 9- by 13-inch pan.
5. Drain pork. Throw juices away. Rinse off extra fat with hot water. Drain again.
6. Sprinkle chopped pork and grated cheese over batter in pan.
7. Spoon remaining batter on top, spreading lightly to cover.
8. Bake at 400°F for 25 to 30 minutes. Serve warm.

**Nutrition information for 1 snack square** (one main dish serving equals two snack squares)

Calories = 104   Carbohydrates = 11 grams   Protein = 4 grams   Fat = 5 grams   Sodium = 170 milligrams



# Grape Dumplings

64

## ***Makes 8 servings***

½ cup water  
1 tablespoon Oil  
1 cup **All-Purpose Flour**  
½ teaspoon baking powder  
3 cups **Grape Juice**  
1 cup **Corn Syrup**

1. Mix water and oil together in a bowl.
2. Add flour and baking powder. Mix into a stiff dough.
3. Roll out very thin on a floured board. Cut into 8 pieces (about 2 inches long and ½ inch wide).
4. Bring grape juice and corn syrup to a boil in a large saucepan.
5. Divide dough into eight pieces. Drop each one into the grape juice mixture.
6. Boil 5 minutes, then simmer 10 minutes with a lid on the pan.

As a change, try using ½ cup each of whole-wheat and all-purpose flour instead of just all-purpose flour.

## **Nutrition information for 1 serving**

Calories = 247   Carbohydrates = 56 grams   Protein = 2 grams   Fat = 2 grams   Sodium = 52 milligrams



# Indian Pudding

65

## *Makes 8 servings*

2½ cups **Milk**, made from nonfat dry milk powder

½ cup **Cornmeal**

½ cup cold **Milk**, made from nonfat dry milk powder

1 tablespoon margarine *or* **Butter**

½ cup molasses

½ teaspoon ginger

½ teaspoon cinnamon

1. Heat 2½ cups of milk to a simmer.
2. Mix together the other ½ cup cold milk with cornmeal.
3. Add cornmeal mixture to warm milk, stirring constantly.
4. Cook 20 minutes, stirring frequently until thickened.
5. Remove pudding from heat. Stir in butter, molasses, and spices.
6. Pour into greased 1-quart baking pan.
7. Bake at 325°F for 55 to 60 minutes. When a knife is inserted and comes out clean, the pudding is done. Cut into 8 squares before serving. Serve warm.

### Nutrition information for 1 square

Calories = 118   Carbohydrates = 22 grams   Protein = 4 grams   Fat = 2 grams   Sodium = 81 milligrams



# Lunch Box Cookie Bars

66

## ***Makes 24 bars***

1 cup **Whole-Wheat Flour**

½ teaspoon baking soda

¼ cup **Dry Egg Mix**

¾ cup **Peanut Butter**

½ cup **Corn Syrup**

½ teaspoon vanilla

½ cup water

½ cup **Applesauce**

1¼ cups **Rolled Oats** or **Rolled Wheat**

1. Stir flour, baking soda, and dry egg mix together in a small bowl. Set aside.
2. Beat corn syrup, vanilla, water, and applesauce with peanut butter.
3. Add oats and flour mixture to peanut butter mixture. Stir until well blended.
4. Pour batter into a lightly oiled and floured 9- by 13-inch pan.
5. Bake at 350°F for 25 minutes or until done.
6. Cool completely. Cut into 24 bars.

## **Nutrition information for 1 bar**

Calories = 127   Carbohydrates = 17 grams   Protein = 4 grams   Fat = 5 grams   Sodium = 77 milligrams



# Old-Fashioned Rice Pudding

67

***Makes 8 servings, ½ cup each***

1 can **Apricots**

¾ cup **Dry Egg Mix**

¾ cup water

2 teaspoons vanilla

3 cups **Milk**, made from nonfat dry milk powder

2 cups cooked **Rice**

½ cup sugar

¼ teaspoon salt

1 teaspoon cinnamon

1. Drain apricots. Throw syrup away. Rinse apricots with water. Drain again and set aside.
2. Measure and mix in one bowl the dry egg mix, water, vanilla, milk, cooked rice, sugar, and salt.
3. Pour into a lightly oiled 1½-quart baking dish.
4. Bake at 325°F for 1 hour.
5. Remove from oven. Place drained apricots on top. Sprinkle with cinnamon.
6. Bake 15 minutes more.

Serve warm. Store leftovers in the refrigerator for up to 3 days.

**Nutrition information for each ½-cup serving**

Calories = 216   Carbohydrates = 37 grams   Protein = 8 grams   Fat = 4 grams   Sodium = 204 milligrams



# Peanut Butter Oatmeal Cookies

68

## ***Makes 24 cookies***

1 cup **Whole-Wheat Flour**  
½ cup **Nonfat Dry Milk powder**  
1 teaspoon **baking powder**  
¼ cup **Dry Egg Mix**  
½ cup margarine *or* **Butter**  
½ cup **Peanut Butter**  
½ cup **Honey**  
1 teaspoon **vanilla**  
½ cup **water**  
1¼ cups **Rolled Oats** *or* **Rolled Wheat**  
1 cup **Raisins**

1. Turn on oven to 375°F.
2. Measure flour, dry milk powder, baking powder, and dry egg mix in a small bowl. Mix well. Set aside.
3. In a large bowl, beat together butter, peanut butter, honey, vanilla, and water.
4. Stir the flour mixture into the peanut butter mixture. Mix well.
5. Stir in oats and raisins. Put teaspoons of batter on a lightly oiled baking sheet. Flatten with a fork dipped in water.
6. Bake for 12 to 15 minutes.

## **Nutrition information for 1 cookie**

Calories = 167   Carbohydrates = 22 grams   Protein = 5 grams   Fat = 8 grams   Sodium = 98 milligrams



## Vegetarian Bean Fiesta Cake

69

### *Makes 12 servings*

1 can **Vegetarian Beans**

½ cup sugar

¼ cup margarine *or* **Butter**

1½ teaspoons vanilla

1 can **Applesauce**

¼ cup **Dry Egg Mix**

1 cup **All-Purpose Flour**

1 cup **Whole-Wheat Flour**

1¾ teaspoons baking soda

2 teaspoons cinnamon

1 cup **Raisins**

½ cup **Peanuts**, chopped

1. Turn on oven to 375°F. Lightly oil a 9- by 13-inch pan.
2. Drain beans. Throw liquid away. Rinse beans with water. Drain well. Mash and set aside.
3. Cream together sugar, margarine *or* butter, and vanilla.
4. Add beans, applesauce, and dry egg mix to the sugar mixture. Mix well.
5. In a small bowl, mix together both flours, baking soda, and cinnamon. Add to the sugar mixture. Mix well.
6. Stir in raisins and nuts.
7. Pour batter into pan.
8. Bake for 30 minutes, or until top springs back when lightly touched. Cool before serving.

### Nutrition information for 1 serving

Calories = 264   Carbohydrates = 45 grams   Protein = 7 grams   Fat = 8 grams   Sodium = 350 milligrams



## Whole-Wheat Oil Piecrust

70

***Makes 1 crust***

$\frac{1}{2}$  cup **All-Purpose Flour**

$\frac{1}{2}$  cup plus 2 tablespoons **Whole-Wheat Flour**

$\frac{1}{2}$  teaspoon salt

$\frac{1}{3}$  cup **Oil**

2 to 3 tablespoons cold water

1. Measure both flours and salt into a bowl. Mix well.
2. Add oil to flour mixture. Mix until the flour forms into small bits, about the size of peas.
3. Sprinkle water into flour mixture 1 tablespoon at a time. After each tablespoon mix until flour is moist. Stop adding water when dough almost cleans the side of the bowl.
4. Gather dough together into a firm ball.
5. Press dough around pie pan.
6. Bake a shell with no filling at 475°F for 12 to 15 minutes. Bake a filled, one-crust pie using recipe for the pie.



### ***Makes 2 crusts***

$\frac{3}{4}$  cup **All-Purpose Flour**

1 cup **Whole-Wheat Flour**

1 teaspoon salt

$\frac{1}{2}$  cup **Oil**

3 to 4 tablespoons cold water

1. Measure both flours and salt into a bowl. Mix well.
2. Add oil to flour mixture. Mix until the flour forms into small bits, about the size of peas.
3. Sprinkle water into flour mixture 1 tablespoon at a time. After each tablespoon mix until flour is moist. Stop adding water when dough almost cleans the side of the bowl.
4. Gather dough together into a firm ball. Divide dough in half.
5. Press half of dough around pie pan. Add filling.
6. Roll other half of dough on waxed paper until the circle it makes is large enough to cover pie pan.
7. Place circle of dough over filling in pie pan with paper side up.
8. Peel off paper. Press the top and bottom dough edges together.
9. Trim edges and stick a fork into top crust 3 or 4 times.
10. Bake a filled, two-crust pie using recipe for the pie.



**Nutrition information for  $\frac{1}{8}$  of a single pie crust** (Double these numbers for a two-crust pie)

Calories = 133   Carbohydrates = 11 grams   Protein = 2 grams   Fat = 9 grams   Sodium = 134 milligrams



## Seven Ways To Eat for Better Health

Food alone cannot make you healthy. But good eating habits can help keep you and your family healthy.

There are seven ways to eat for better health. They all work together when you plan and cook meals to keep balance, moderation, and variety in your diet. Follow the Seven Ways To Eat for Better Health listed below:

**1. *Eat a variety of foods.***

No one food gives you all the nutrients you need. It is important to eat many different kinds of foods from every food group each day. All the food groups are listed in the chart on page 78.

**2. *Maintain desirable weight.***

Being overweight can put stress on your body and on the way it works. Being very overweight also adds to your chances of getting some diseases such as high blood pressure, heart disease, common types of diabetes, and some types of cancer.

**4. *Eat foods with adequate starch and fiber.***

Foods high in starch give you important nutrients without too much fat or too many calories. Fiber helps move food through the digestive system.

**5. *Avoid too much sugar.***

Sugary foods are often high in calories and low in vitamins and minerals. Eating too much sugar or too many sugary foods and sticky sweets can lead to tooth decay.



**3. *Avoid too much fat, saturated fat, and cholesterol.***

A diet high in fat, saturated fat, and cholesterol may increase your blood cholesterol level. High blood cholesterol levels can increase your chances of getting heart disease. Diets high in fat also tend to be high in calories. Too many calories can make you gain too much weight.

**6. *Avoid too much sodium (salt).***

A lot of the sodium we eat comes from salt. Too much sodium (salt) in the diet can be a problem for people with high blood pressure, or for people who have family members with high blood pressure.

**7. *If you drink alcoholic beverages, do so in moderation.***

Alcoholic drinks are high in calories and low in vitamins and minerals. Drinking too much alcohol can lead to some types of liver disease and cancer.





## Plan Meals for Better Health

You can plan meals for better health. The helpful hints below put some of the Seven Ways To Eat for Better Health into practice. They will help you keep balance, moderation, and variety in your diet.

### *Plan to Eat a Variety of Foods*

- Every food has different kinds and amounts of nutrients, and other things we need to live and grow. But no one food has all of them together.
- Your daily food choices should have foods from all the food groups. Study the food groups in the Pattern for Daily Food Choices chart on page 78. Commodity foods are in all the food groups.
- Plan your daily food choices to include all kinds of foods. Choose all kinds of foods within each food group. Each day choose at least the lower number of servings from each food group in the Pattern for Daily Food Choices chart.

### *Eat Foods with Adequate Starch and Fiber*

- Foods with fiber help all the food you eat to move through your body.
- You get fiber from foods with skins and seeds such as beans, berries, whole-grain cereals, cucumbers, potatoes, and squash, and foods made with whole-grain flour.
- Use half all-purpose flour and half whole-wheat flour in recipes when you bake.
- Some starchy foods are low in fat, such as beans, bread, cereals, corn, macaroni, potatoes, spaghetti, and rice. Serving butter, other fats, or cream sauces with them also adds fat and calories.



### ***Maintain Desirable Weight***

- The key to staying at the right weight is eating the right number of calories for the energy you use up through physical activity each day.
- A “serving” has a different meaning to everyone. Smaller servings have less calories than larger servings of the same food. People who need fewer calories need to eat smaller servings.
- Foods with a lot of fat, oil, or sugar and alcoholic drinks can give you extra calories you may not want or need.

### ***If You Drink Alcoholic Beverages, Do So in Moderation***

- Alcohol adds calories to your diet. Drinking too much alcohol can cause you to gain weight.
- Drinking too much alcohol can also lead to some types of liver disease and cancer.
- Pregnant women who drink alcohol may harm their unborn baby.





## Cook For Better Health

You can cook for better health. The recipes in this book have already had some of the sugar, fat, and salt taken out. The helpful hints below tell you how it was done. Try these hints yourself when you cook and eat at home. The hints below put some of the Seven Ways To Eat for Better Health listed on page 72 into practice.

### *Before You Cook*

- Drain canned vegetables. Throw away the liquid. It has extra sodium (salt) in it. To get rid of more salt, rinse the vegetables under running water.
- Drain canned fruits. Throw away the syrup. It has extra sugar in it. To get rid of more sugar, rinse the fruit under running water.
- Grease baking pans with oil instead of shortening. The oil is less saturated than shortening, which makes it better for you.

### *When You Cook*

- Cut down on the sugar used in recipes. You can leave out some of the sugar in many muffin, cookie, and cake recipes.
- Use herbs and spices to flavor food, instead of salt.
- Cook pasta and rice without adding salt to the water. The salt from other foods in the recipe or meal can be enough.
- Bake, broil, roast, or steam foods instead of frying them. These ways of cooking food do not use fat or oil.
- Use oil instead of shortening if you have to fry foods. Oil is less saturated than shortening.



- Chill a can of meat before you open it so the fat gets hard. The fat will be easy to see after you open the can. Take off the fat and use just the meat and juices.

or

- Drain the juices from canned meat that is at room temperature. Throw away the juices. At room temperature when the fat is soft, it is not easy to remove fat from the juices. To rinse off extra fat, rinse the meat with hot water.

- Reduce the amount of salt or leave it out of recipes that use cheese, canned foods, and food flavorings like Worcestershire or soy sauce. These foods already have a lot of salt in them.

### ***When You Eat***

- Put only half the usual amount of sugar, syrups, jams, or spreads on food.
- Remove the salt shaker from the table. Flavor food with spices instead of salt when you cook.
- Do not put the butter or margarine on the table.





## A Pattern for Daily Food Choices

This chart shows a basic pattern for making healthy food choices every day. It shows you six different food groups to choose from. It also gives the number of servings to eat and examples of a serving size. Plan your daily meals to have at least the lower number of servings from each food group. Smaller serving sizes are best for children and some adults who need fewer calories than other people.

Look closely. You will see that all your commodity foods fit into one or another of the food groups.

FOOD GROUP	SUGGESTED DAILY SERVINGS	WHAT COUNTS AS A SERVING
Breads, Cereals, and Other Grain Products Whole-grain Enriched	6-11 servings from group (Include several servings of whole-grain products daily.)	<ul style="list-style-type: none"> <li>■ 1 slice of bread or tortilla</li> <li>■ ½ hamburger bun or english muffin</li> <li>■ a small roll, biscuit, or muffin</li> <li>■ 3 to 4 small or 2 large crackers</li> <li>■ ½ cup cooked cereal, rice, or pasta</li> <li>■ 1 ounce of ready-to-eat breakfast cereal</li> </ul>
Fruits Citrus Melon Berries Other fruits	2-4 servings from group	<ul style="list-style-type: none"> <li>■ a whole fruit such as a medium apple, banana, or orange</li> <li>■ a grapefruit half or melon wedge</li> <li>■ ¾ cup of juice</li> <li>■ ½ cup of berries</li> <li>■ ½ cup canned or cooked fruit</li> <li>■ ¼ cup dried fruit</li> </ul>



Vegetables Dark-green leafy Deep yellow Dry beans and peas Starchy Other Vegetables	3-5 servings from group (Include all types regularly; use dark- green leafy vegetables and dry beans and peas several times a week)	<ul style="list-style-type: none"> <li>■ ½ cup of canned or cooked vegetables</li> <li>■ ½ cup of chopped raw vegetables</li> <li>■ 1 cup of leafy raw vegetables, such as lettuce or spinach</li> </ul>
Meat, Poultry, Fish, and Alternates (like eggs, beans and peas, nuts and seeds)	2-3 servings from group	Amounts should total 5 to 7 ounces of cooked lean meat, poultry, or fish a day. Count 1 egg, ½ cup cooked beans, or 2 tablespoons peanut butter as 1 ounce of meat.
Milk, Cheese, and Yogurt	2 servings from group (3 servings for women who are pregnant or breastfeeding and for teens; 4 servings for teens who are pregnant or breastfeeding.)	<ul style="list-style-type: none"> <li>■ 1 cup of milk</li> <li>■ 8 ounces of yogurt</li> <li>■ 1½ ounces of natural cheese</li> <li>■ 2 ounces of processed cheese</li> </ul>
Fats, Sweets, and Alcoholic Beverages	Avoid too many fats and sweets. If you drink alcoholic beverages, do so in moderation.	<ul style="list-style-type: none"> <li>■ 1 teaspoon sugar, honey, or other sweet spread</li> <li>■ 1 teaspoon oil, mayonnaise, or butter</li> <li>■ 1 tablespoon salad dressing or cream cheese</li> <li>■ 1 slice bacon</li> <li>■ 2 tablespoons coffee cream or liquid whitener</li> </ul>





## Meal Ideas

Commodity foods can fit into any family's way of eating. The meal ideas here show a few examples of how eating different combinations of food can be a part of a good eating pattern.

The key to a good eating pattern is balance. Balance your choice of foods. If you serve foods that are higher in fat, sugar, or salt, try to find others to serve that are lower in fat, sugar, or salt.

The number in the circle is the recipe number in this book.

### *Morning*

Hot Cereal Mix ⑦	Granola ⑥	Better Than Just Oatmeal ⑤	Whole-Wheat Oatmeal	Cereal Muffins ⑨
Milk	Milk		Pancakes ④	Raisin Butter ⑤①
Orange Juice	Grapefruit Juice	Milk	Grape Juice	Fruit Julius ⑤⑧
Toast	Toast with butter	Tomato Juice	Syrup ⑤②	
Sweet Potato Spread ⑤①			Orange Juice	

### *Mid-Day*

Chicken One Pot ③⑦	Whole-Grain Meat Squares ⑥③	Macaroni Cheese Sauce ④⑦	Tasty Lima Bean Soup ④①	Bean and Cheese Tortillas
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Farina  
Dumplings ⑧  
Plum  
Applesauce ⑭

Green Beans  
Canned Pineapple  
Fruit Juice with  
Club Soda

Vegetable  
Salad ②③  
Applesauce

Whole-Wheat Flour  
Tortillas ② or ③  
Canned Peaches  
Milk

Vegetable Salad ②③  
Fruit Juice with Club  
Soda

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*Evening*

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Stove-Top  
Tamale Pie ③⑥  
Cooked Wild  
Greens  
Cornbread  
Cinnamon  
Applesauce

Cold or Hot  
Macaroni and  
Meat Salad ②⑤  
Whole-Wheat Flour  
Tortilla—  
No Fat ③  
Stewed Tomatoes

All Commodities  
Stew ④①  
Cornbread  
Grape  
Dumplings ⑥④

Tuna Loaf ③②  
Spinach  
Hot Spicy Fruit ⑬  
Rice

Spaghetti with  
Vegetable  
Sauce ④⑨  
Green Leafy Salad  
Honey-Cornmeal  
Drop Biscuits ①

Choose snacks that will balance with your other daily food choices. Snacks can come from any food group.

Snacks to Try:

- Tortilla ② or ③ with Raisin Butter ⑤⑩
- Whole-Grain Meat Squares ⑥③
- Fruit Milkshake ⑤⑨

- Green Pea and Cheese Salad ①⑧
- Cheese Snack Wafers ⑥②





## Some Available Commodity Foods

The commodity foods you get are listed here in six different food groups so they are easy to find. The six food groups are the same ones you see in the Pattern for Daily Food Choices chart on page 78.

Next to the name of the food, you will find other information: the package size you take home, the amount inside the package, and the number of the recipe the food is used in.

<i>Food Item</i>	<i>Package Size(s)</i>	<i>Amount You Get</i>	<i>Recipe Number</i>
<b>Breads, Cereals, and Other Grain Products</b>			
Cereals - Ready to Eat			9, 29, 53, 54, 62
Different kinds of cereals are available during the year. The amount of cereal in the box will depend on the type of cereal. Read the cereal box label.			
Cornmeal	5-pound bag	16 cups	1, 10, 63, 65
	or 10-pound bag	32 cups	
Farina	14-ounce box	3 cups	7, 8



Flour, All-Purpose	5-pound bag	18 cups	2, 3, 4, 9, 12, 62, 64, 69, 70
	or 10-pound bag	36¼ cups	
Flour, Bread	5-pound bag	20 cups	
	or 10-pound bag	40 cups	
Flour, Whole-Wheat	5-pound bag	19 cups	2, 3, 4, 7, 8, 9, 10, 11, 12, 63, 66, 68, 69, 70
	or 10-pound bag	37¾ cups	
Macaroni	1-pound box	4½ cups (uncooked)	25, 33
Spaghetti	1-pound box	4½ cups (uncooked)	48
Rice, White	2-pound bag	5 cups	15, 30, 32, 35, 67
Rolled Oats	3-pound package	16¾ cups	4, 5, 6, 7, 20, 63, 66, 68
Rolled Wheat	10-pound bag	48¼ cups	4, 6, 66, 68

*Continued*







## Some Available Commodity Foods (Continued)

<i>Food Item</i>	<i>Package Size(s)</i>	<i>Amount You Get</i>	<i>Recipe Number</i>
<b>Fruits</b>			
Canned:			
Applesauce	1-pound can	1 $\frac{3}{4}$ cups	14, 66, 69
Apricots	1-pound can	8 to 12 pieces	15, 57, 63, 67
Fruit Cocktail	1-pound can	1 $\frac{2}{3}$ cups fruit	
Peaches	1-pound can or 1-pound 13-ounce can	1 $\frac{1}{4}$ cups fruit  2 $\frac{1}{8}$ cups fruit	13, 57, 60
Pears	1-pound can	6 to 10 halves	13, 57
Pineapple	1-pound 4-ounce can	2 cups fruit or 10 slices	57
Plums	1-pound can	2 cups halves	14, 57, 59



Dried:

Prunes	1-pound package	2½ cups	6, 7
Raisins	1-pound package	3 cups	6, 7, 9, 11, 14, 50, 68, 69


Juice:

Apple	46-ounce can	5¾ cups	57, 58
Grape	46-ounce can	5¾ cups	52, 57, 58, 64
Grapefruit	46-ounce can	5¾ cups	57, 58, 60
Orange	46-ounce can	5¾ cups	5, 19, 50, 57, 58
Pineapple	46-ounce can	5¾ cups	19, 57, 58
Tomato	46-ounce can	5¾ cups	

*Continued*







### Some Available Commodity Foods (Continued)

<i>Food Item</i>	<i>Package Size(s)</i>	<i>Amount You Get</i>	<i>Recipe Number</i>
<b>Vegetables</b>			
Carrots	1-pound can	2 cups	23, 25, 26, 27, 31, 41, 42, 49
Corn, whole kernel	1-pound can	2 cups	23, 25, 36, 41, 49
Corn, cream-style	1-pound can	2 cups	20, 31, 37, 38
Green Beans	1-pound can	2 cups	17, 23, 31, 41, 42, 48, 49
Peas	1-pound can	2 cups	18, 25, 33, 37, 49
Potatoes, whole	1-pound can	8 to 12 pieces	22, 31, 38, 39, 41, 42
Pumpkin	1-pound can	2 cups	11
Spinach	1-pound can	2 cups	16, 30, 39
Sweet Potatoes	1-pound can	1 $\frac{3}{4}$ to 2 cups	19, 21, 51
Tomatoes	1-pound can	2 cups	17, 23, 24, 28, 29, 33, 36, 40, 41, 42, 48



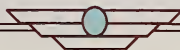
Tomato Sauce	15-ounce can	2 cups	31, 35, 45, 46
Dehydrated Potatoes	1 pound package	9 cups	8, 16, 26, 35, 39

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### **Meat, Poultry, Fish, and Alternates**

Beef	29-ounce can	3½ cups	33, 35, 41, 43
Chicken	29-ounce can	3 cups	24, 25, 26, 27, 35, 37, 41, 43
Luncheon Meat	30-ounce can	3½ cups	26, 31, 35, 41
Meatball Stew	24-ounce can	3 cups	28, 42
Pork	29-ounce can	4 cups	26, 33, 34, 35, 41, 43, 63
Salmon	15½-ounce can	2⅓ cups	25, 29
Tuna	12½-ounce can	2 cups	25 32
Turkey	29-ounce can	3 cups	25, 27, 35, 41, 43

*Continued*







### Some Available Commodity Foods (Continued)

<i>Food Item</i>	<i>Package Size(s)</i>	<i>Amount You Get</i>	<i>Recipe Number</i>
Dry Beans and Peas			40
Pinto	2-pound bag	12½ cups cooked	
Pink	2-pound bag	12½ cups cooked	
Small Red	2-pound bag	11½ cups cooked	
Pea (navy)	2-pound bag	11½ cups cooked	
Great Northern	2-pound bag	13 cups cooked	
Kidney	2-pound bag	12½ cups cooked	
Baby Lima	2-pound bag	12 cups cooked	
Blackeye	2-pound bag	14 cups cooked	
Dry Egg Mix	6-ounce bag	1½ cups (= 6 large eggs)	4, 8, 11, 20, 27, 28, 30, 32, 67
Peanut Butter	2-pound can	3½ cups	34, 51, 66, 68
Peanuts	12-ounce can	2¼ cups	6, 7, 11, 69
Vegetarian Beans	1-pound can	2 cups	36, 61, 69





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### **Milk, Cheese, and Yogurt**

Dry Milk	1-pound 9-ounce box	9 cups	2, 3, 4, 6, 7, 12, 38, 39,
	or		44, 55, 58, 59, 65, 67,
	4-pound box	24 cups	68
Evaporated Milk	12-ounce can	1½ cups	30, 32, 37, 38, 56
Processed Cheese, American	2-pound box	8 cups	16, 17, 18, 24, 25, 26,
	or		27, 28, 30, 32, 36, 47,
	5-pound box	20 cups	62, 63

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### **Fats and Sweets**

Butter	1 pound	2 cups	62, 68
Corn Syrup	16-ounce bottle	2 cups	64, 66
	or		
	24-ounce bottle	3 cups	
Honey	24-ounce container	2 cups	6, 68
	or		
	3-pound container	4 cups	
Oil	48-ounce bottle	6 cups	11, 70
Shortening	3-pound can	6 cups	2, 12

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## How Much or How Many Are There?

It might help you to know how much food is in the box, bag, or package. Also, when you cook a food, the amount you get may be different from what you put into the pot. This list will help take the guesswork out of judging amounts of foods.

1 cup beans, dry	= about $2\frac{3}{4}$ cups, cooked
1 slice bread	= $\frac{1}{4}$ -cup dry bread crumbs
1 pound brown sugar	= 2 cups
1 pound butter or margarine	= 2 cups or 4 sticks
1 stick butter or margarine	= $\frac{1}{2}$ cup or 8 tablespoons
1 pound cheese	= 4 cups, grated
1-pound, 13-ounce can fruit and juice	= about $3\frac{1}{2}$ cups
1-pound, 4-ounce can fruit and juice	= about $2\frac{1}{2}$ cups
1-pound can fruit and juice	= about 2 cups
1 pound flour	= 4 cups, sifted
1 cup macaroni, dry	= $2\frac{1}{2}$ cups, cooked



1 small onion	= about $\frac{1}{4}$ cup
1 medium onion	= about $\frac{1}{2}$ cup
1 large onion	= about 1 cup
1 pound powdered sugar	= $3\frac{3}{4}$ cups
1 pound raisins	= 3 cups
1 cup rice, uncooked	= $3\frac{1}{4}$ cups, cooked
1 pound sugar	= 2 cups
1-pound can vegetables	= about 2 cups





## Making Convenience Foods From Commodities

Convenience foods are foods ready to use at the time you need them. Some of your commodity foods can be made into foods almost like store-bought convenience foods. Listed below are some store-bought convenience foods that are easy to make from commodity foods at home:

### Store-Bought Convenience Foods

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Frozen Whipped Topping

Bisquick Mix

Cream

Bread Crumbs

Pancake Syrup

Shake 'n Bake

Ketchup

### Commodity Convenience Foods

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Dairy Whipped Topping, recipes 55 and 56

Master Mix, recipe 12

Evaporated Milk

Plain Ready-To-Eat Cereal (crushed, dry, unsweetened) seasoned with herbs

Crunchy Toppings, recipe 53

Grape Juice Syrup, recipe 52

Crispy Coating, recipe 54

Catsup, page 93







## Using One Food in Place of Another

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### If You Do Not Have:

### Use:

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**All-Purpose Flour** (1 cup)

- ½ cup all-purpose flour, *plus* ½ cup whole-wheat flour  
or
- 1 cup bread flour (for breads only)  
or
- 1 cup plus 2 tablespoons cake flour (for cakes and cookies only)

**Bread Flour** (1 cup)

- ½ cup bread flour, *plus* ½ cup whole-wheat flour

**Brown Sugar** (1 cup)

- 1 cup granulated sugar, *plus* 1 tablespoon molasses, *plus* ½ teaspoon baking soda

**Butter or Margarine** (1 cup)

- 1 cup shortening, *plus* ½ teaspoon salt  
or
- 1 cup oil, if the recipe calls for melted butter or shortening



**Buttermilk or Sour Milk** (1 cup)

■ 1 tablespoon vinegar or lemon juice, *plus* enough sweet milk to make 1 cup. Stir and let stand at room temperature 5 minutes.

or

■ 1 cup plain yogurt

**Cake Flour** (1 cup)

■ 1 cup all-purpose flour *minus* 2 tablespoons

**Catsup or Chili Sauce** (1 cup)

■ 1 cup tomato sauce, *plus*  $\frac{1}{2}$  cup sugar, *plus* 2 tablespoons vinegar (use only in a cooked mixture)

**Cornmeal** (1 cup)

■ 1 cup farina

**Cornstarch** (1 tablespoon)

■ 2 tablespoons flour (for thickening only)

**Cream** (1 cup)

■ 1 cup evaporated milk

**Dry Mustard** (1 teaspoon)

■ 1 tablespoon prepared mustard

*Continued*





### Using One Food in Place of Another (Continued)

#### If You Do Not Have:

**Fresh Egg** (1)

**Lemon Juice** (1 teaspoon)

**Milk** (1 cup)

**Molasses** (1 cup)

**Powdered Sugar** (2 cups)

**Raisins** (1 cup)

**Rolled Oats** (1 cup)

#### Use:

■  $\frac{1}{4}$  cup dry egg mix, *plus*  $\frac{1}{4}$  cup water. Take out  $\frac{1}{4}$  teaspoon of salt from recipe.

■  $\frac{1}{2}$  teaspoon vinegar

■  $\frac{1}{2}$  cup evaporated milk, *plus*  $\frac{1}{2}$  cup water  
or

■  $\frac{1}{3}$  cup dry milk powder, *plus* 1 cup water

■ 1 cup honey

■ Using blender, blend 1 cup granulated sugar until it looks like powder.

■ 1 cup prunes, cut up coarsely

■ 1 cup rolled wheat



**Sugar** (1 cup)

■ 1 cup corn syrup *and* take out  $\frac{1}{4}$  cup liquid from recipe  
or

■ Add  $\frac{3}{4}$  cup honey *and* take out  $\frac{1}{4}$  cup liquid from recipe *and* add  $\frac{1}{4}$  teaspoon of baking soda.

or

■  $\frac{1}{2}$  cup of honey, *plus*  $\frac{1}{2}$  cup of sugar. Take out 2 tablespoons of liquid from recipe. If baking, bake at 325°F, not 350°F.

**Tomato Juice** (1 cup)

■  $\frac{1}{2}$  cup tomato sauce, *plus*  $\frac{1}{2}$  cup water

**Unsweetened Chocolate**  
(1 ounce)

■ 3 tablespoons cocoa, *plus* 1 tablespoon oil

**Vegetable Shortening** (1 cup)

■  $\frac{7}{8}$  cup oil

**Whole-Wheat Flour** (1 cup)

■  $\frac{7}{8}$  cup cornmeal,  
or

■ 1 cup ground rolled oats,  
or

■  $\frac{1}{2}$  cup all-purpose flour, *plus*  $\frac{1}{2}$  cup whole-wheat flour





## Spices and Other Foods To Have on Hand

This is a list of spices and other foods you will need at home to make the recipes in this book.

### HERBS and SPICES

basil, dried  
bay leaves  
black pepper  
cayenne pepper  
chili powder  
cinnamon  
cloves  
cumin  
curry powder  
garlic, fresh cloves  
garlic, powder  
ginger  
green chilies  
hot pepper flakes

hot sauce  
nutmeg  
onion powder  
parsley flakes  
salt  
vanilla

### VEGETABLES

cabbage  
celery  
green pepper  
onion  
pimiento

### OTHER FOODS

baking powder  
baking soda  
cornstarch  
lemon juice  
margarine  
mayonnaise-type  
salad dressing  
molasses  
mustard  
pickle relish  
sugar  
vinegar  
Worcestershire sauce

### BEVERAGES

club soda







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